Table 2. Time (d) needed to accomplish each stage of the rehabilitation program

Stage of the rehabilitation program	Number of patients achieving a given stage	Time after transfer to the ward (d) Mean ± SD	Range	Time after surgery (d) Mean ± SD	Range
Stage I (1.5 METs)	25	1.12 ± 0.33	1-2	2.72 ± 0.89	2-5
Stage II (2.0 METs)	25	2.28 ± 0.61	2-4	3.88 ± 0.97	3-6
Stage III (2.5 METs)	25	3.64 ± 0.99	3-6	5.24 ± 1.39	4-9
Stage IV (3.0 METs)	24	4.71 ± 1.00	4-7	6.25 ± 1.42	5-10
Stage V (3.7 METs)	16	5.38 ± 0.62	5-7	6.87 ± 1.02	6-9
Stage VI (4.5 METs)	9	6.44 ± 0.53	6-7	7.78 ± 0.97	7-9

METs: metabolic equivalents; 1 MET = 3.5 O_2 ml/kg/min.

Table 3. Correlations between the time treadmill was first used, maximal activity level (mets), and demographic data of the sample

Variable	Time treadmill was first used after the rehabilitation program began	Time treadmill was first used after surgery	Maximal METs reached on the day of hospital discharge
Age	0.112	0.262	-0.323
Education (yr)	-0.374	-0.544**	0.317
Time a patient remained in the intensive care unit (d)	0.138	0.683**	-0.145
Time a patient remained in a regular ward (d)	0.338	0.392	0.403*
Time from surgery to hospital discharge (d)	0.325	0.652**	0.207
Left ventricle ejection fraction (LVEF)	-0.288	-0.307	0.113

*$p < 0.05$; **$p < 0.01$. METs: metabolic equivalents; 1 MET = 3.5 O_2 ml/kg/min.

Table 4. One-factor analysis of variance between different time periods of variables ($N = 21$)

Variable	(A) On the day of hospital discharge Mean (SD)	(B) One week after hospital discharge Mean (SD)	(C) Four weeks after hospital discharge Mean (SD)	F	p	LSD method Post-hoc
Six-minute walking distance (m)	349.55 (107.55)	440.55 (108.86)	516.59 (85.46)	108.963	< 0.0001	A < B B < C A < C
Fatigue	14.48 (9.68)	9.00 (7.31)	6.76 (5.75)	11.133	< 0.0001	A > B A > C
Self-efficacy of daily activity	66.86 (21.27)	75.81 (16.86)	88.71 (14.08)	18.793	< 0.0001	A < B B < C A < C